

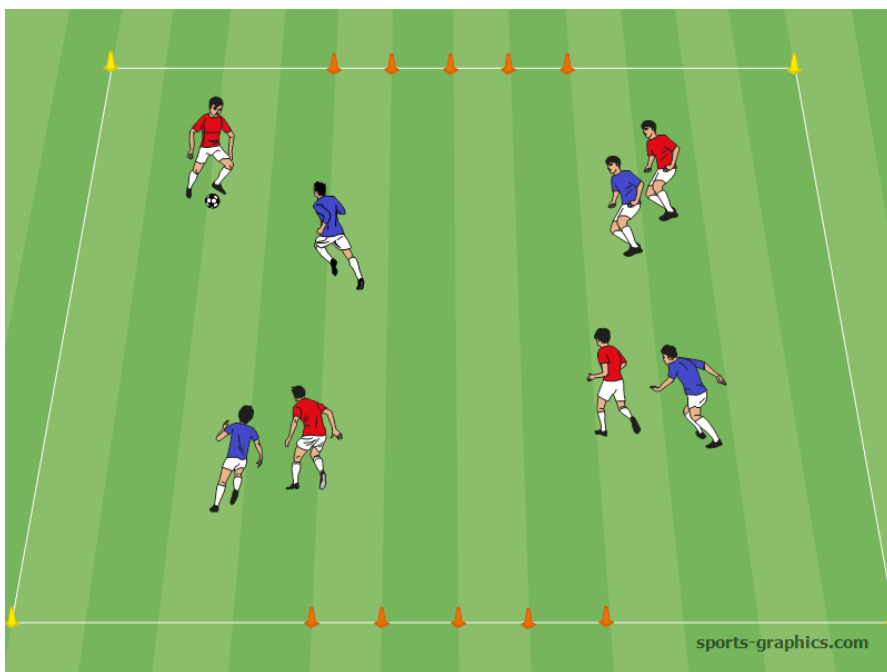
# FIVE CONE FITNESS

To improve endurance for players to work at a higher intensity for longer periods

PHYSICAL

## Conditioning

## Aerobic Endurance



Set up a 20x20 area.

Place five cones at each end of the area.

Two teams play and aim to knock the cones over at the opposition's end.

If a player knocks a cone over, they pick it up and do a full lap of the area before placing the cone back in its original position. Coach to keep score.

This will mean for the short time the player is running, there is an overload in favour of the team that conceded.

Play for an allocated time and whichever team knocks down the most cones wins. The losing team must do a forfeit such as push ups, knees to chest, sit ups etc.

This is a continuous training practice ideal for early pre-season conditioning, active recovery sessions, or general aerobic work. Keep assessing the workload and duration

to ensure maximum benefit for the players.

Ensure the level of physical activity is age and fitness level appropriate.

Important note: Overloading appropriately with adequate recovery will improve performance. Over training with inadequate recovery will result in decreased performance and burnout.

## VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

## LEARNING OUTCOMES

- To increase the capacity of muscle efficiency specifically used in football for prolonged periods.
- To maintain overall quality of performance.

## KEY FACTORS

- Overload
- Progression
- Recovery
- Specific
- The coach must be flexible

## FOCUS AREAS

- As the body adapts into a comfort zone, progress training by increasing the intensity or duration to overload.
- Encourage players to produce an end product.
- Endurance training must be strenuous enough to overload the aerobic system to take the body out of its comfort zone.
- Ensure players are moving the ball with quality.
- Ensure recovery and avoid over training or progressing too quickly.
- Ensure that players are moving the ball quickly.
- Keep planning flexible to allow players time to recover or lighten intensity for a week if necessary.



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